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Friday FACTS

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"Leadership, Partnership, and Championship"

CDC Launches Kids Page -- BAM!



As part of the HHS/CDC continuing effort to provide consumer-driven health information, CDC's Office of Communication and the Information Resource Management Office (IRMO) are pleased to announce the launch of BAM! (Body and Mind), our first issue of an e-zine for kids.

Aimed at youth ages 9 - 13, BAM! was created to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. BAM! also provides middle school health and science teachers with interactive activities that are educational and fun.

Published quarterly, this first issue of BAM! focuses on physical activity and how other health areas-- infectious disease, asthma, safety/injury, disability, etc.-- are related to physical activity. While future editions of BAM! will address other interrelated health issues, the content for this and future editions will remain accessible on the site.

BAM! was developed based on formative research with youth, teachers, and parents as well as on middle school science and health curriculum standards. Research showed that youth usually research health issues as a result of a school assignment. Thus, the site will be promoted to teachers as well as youth organizations that emphasize health such as Scouts.

CDC program/staff questions about the site should be directed to Dottie Knight, IRMO (DSKnight@cdc.gov). Please visit <http://www.bam.gov>

Claimancy 18 HP Budget—Due 15 Aug 02

HP Coordinators of Parent Commands (Claimancy 18) are asked to submit their budget proposals to Head, Health Promotion at BUMED NLT 15 Aug 02. More information about this program and the budget proposal template can be found at http://www-nehc.med.navy.mil/hp/whats_new.htm

Job Opening at NH Camp Lejeune

Camp Lejeune Naval Hospital has an opening for Health Educator for the Hospital Family Medicine Clinic. The incumbent will provide prevention and patient education to an enrolled population primarily non active duty family members and some AD medical staff. This is a contract position, not civil service. Must have a bachelors degree in health education, wellness, nursing, nutrition or other health related field. Please email or fax resumes to ghbeightol@nhcl.med.navy.mil or (910) 451-7593.

Do the many versions of yogurt differ much in nutritional value?

Part of the reason for the many choices in yogurt is due to the many different flavors available. But there are also some very real nutritional differences among them to consider when deciding which is best for you. Calorie content can vary quite a bit, between yogurts that are plain (unsweetened), those sweetened with sugar and those sweetened with sugar substitutes. An eight-ounce container of regular, fruit-flavored yogurt contains the equivalent of almost seven teaspoons of added sugar. Some of that sugar comes from the fruit itself, but quite a bit is from added sugars.

Those who are trying to limit their calorie or sugar intake may prefer vanilla yogurt (with about half the sugar of fruit yogurts), a yogurt sweetened with a sugar substitute like NutraSweet, or a plain yogurt that can be sweetened at home with fruit and perhaps a dash of sugar.

Fat content can also vary. Non-fat and low-fat versions are both healthy choices. Some researchers also believe that choosing a yogurt with "active yogurt cultures" may offer additional benefits to our digestive systems.

Source: *Nutrition Wise* by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, www.aicr.org, (800) 843-8114. Reprinted with permission.

A society grows great when old men plant trees whose shade they know they shall never sit in. --Greek proverb